

Chapter 6

Solitude in the Remote Work Era

As we've journeyed through the different life stages and explored how solitude evolves from one chapter of life to the next, we now arrive at a modern phenomenon that has reshaped how we interact with solitude: remote work. Whether you're a young professional seeking balance or a mid-lifer adapting to new routines, the shift to remote work has created a unique kind of solitude — one that blends freedom and isolation in equal measure.

Remote work has become a staple of modern life, with millions of people swapping out office cubicles for kitchen tables and home offices. While it offers unparalleled flexibility, this new way of working also presents its own set of challenges — chief among them the need to find